



CHALLENGE INFORMATION PACK



OVERVIEW

The IRELAND7SUMMITS series involves trekking Irelands seven greatest mountain ranges.

The series takes place every year from March through to September.

You can take part in the Challenge in two ways – booking a single climb, or booking all seven summits and commit to climbing them all in a single year.

These hikes are designed for beginners or experienced hikers, solo or hiking groups looking to gain greater mountain knowledge, have fun and meet new like minded outdoor friends.

All our hikes are guided by our qualified Ireland7Summit mountain guides.

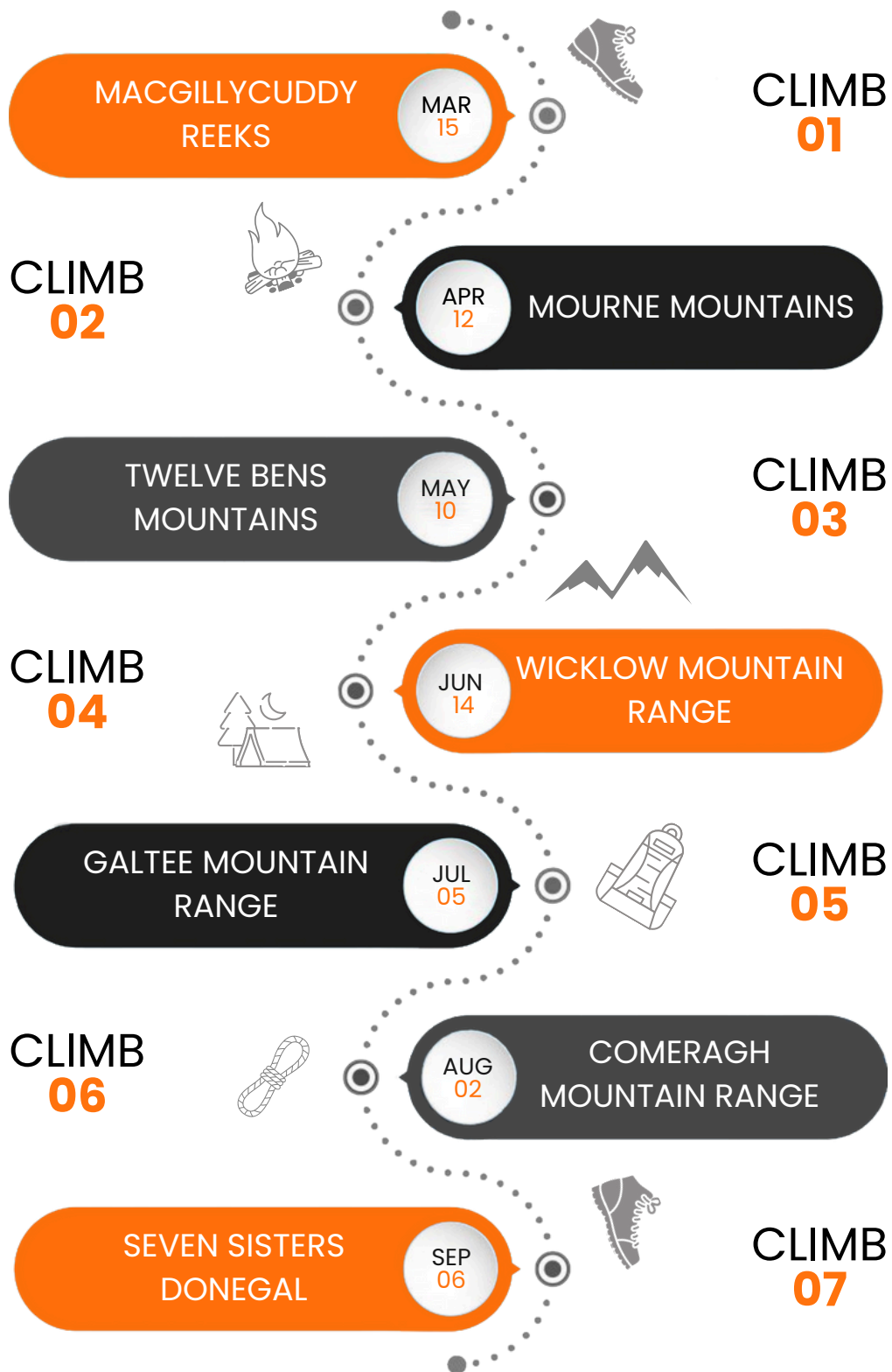
It is highly recommended to have a good solid level of general fitness, however within the I7S series we have three different groups with different ability that suits everyones hike pace.

- Standard distance and pace
- Intermediate distance and pace
- Advanced distance and pace

Looking forward to welcoming you to be that famous Ireland 7's Summiteer.

Jason Black
Director IRELAND7SUMMITS

IRELAND7SUMMITS 2025 - Time Line



TRIP FACTS

MACGILLYCUDDY REEKS



This mountain range, set on the Iveragh peninsula in County Kerry, is a long anticlinal range of glaciated Devonian sandstones, the reason for their many valleys, peaks, and ridges. This spectacular range of Irish mountains is also home to Carrantuohill, the highest mountain in Ireland standing at 3,414 feet.



Date
15 March 2025



Start - Finish
Cronins Yard



Hike Sign on
8.00am



Hike Briefing
8.45am



Hike Departs
9.00am



Hike Distances
10k - 14k - 18k



Hike Duration
8.5hrs



Hike Grades
Standard
Intermediate
Advanced



Basecamp
Cronins Yard

TRIP FACTS

MOURNE MOUNTAINS



The Mourne Mountains (Beanna Boirche), are situated in County Down in Northern Ireland. This compact range of granite peaks rises from the Irish Sea at Carlingford Lough. The historic town of Mourne separates the mountains, which date back to over 2.6 million years ago, from the sea.

**Date**

12 April 2025

**Start - Finish**Meelmore lodge**Hike Sign on**

8.00am

**Hike Briefing**

8.45am

**Hike Departs**

9.00am

**Hike Distances**

13k - 17k - 20k

**Hike Duration**

7hrs

**Hike Grades**Standard
Intermediate
Advanced**Basecamp**Meelmore lodge

TRIP FACTS

TWELVE BENS MOUNTAINS



The Twelve Bens is a rugged mountain range in Connemara, County Galway, Ireland, known for its dramatic peaks, with Benbaun being the highest. Popular among hikers, the range offers challenging trails like the Glencoaghan Horseshoe and stunning views of the surrounding landscape. Rich in wildlife and cultural significance, the Twelve Bens are a key feature of Connemara National Park.

**Date**

10 May 2025

**Start - Finish**Ben Lettery Hostel**Hike Sign on**

8.00am

**Hike Briefing**

8.45am

**Hike Departs**

9.00am

**Hike Distances**

13k - 17k - 20k

**Hike Duration**

6.5hrs

**Hike Grades**Standard
Intermediate
Advanced**Basecamp**Ben Lettery Hostel

TRIP FACTS

WICKLOW MOUNTAIN RANGE



This extensive mountain range in County Wicklow forms part of the Leinster Chain. Made up of granite, slate, mica-schist, and sandstone, this beautiful range reaches 3,039 feet. Explore its many fine valleys; Glenmacnass, Glendasan, Glendalough, Glencree, and those of the Avonmore, Avoca, Aughrim, and Liffey rivers.

**Date**

14 June 2025

**Start - finish**Wicklow
camping/glamping.**Hike Sign on**

8.00am

**Hike Briefing**

8.45am

**Hike Departs**

9.00am

**Hike Distances**

10k - 14k - 18k

**Hike Duration**

8hrs

**Hike Grades**Standard
Intermediate
Advanced**Basecamp**Wicklow
camping/glamping.

TRIP FACTS

GALTEE MOUNTAIN RANGE



Galtymore or Galteemore mountain, situated in the province of Munster is one of Ireland's highest peaks and is classified as a "major mountain." It is one of the 13 Irish Munros and is part of the Galtymore Mountain range made up of sandstone and shale, with 24 peaks above 100 meters.



Date
05 July 2025



Start - Finish
Car Park Galtymore



Hike Sign on
8.00am



Hike Briefing
8.45am



Hike Departs
9.00am



Hike Distances
13k - 15k - 18k



Hike Duration
8hrs



Hike Grades
Standard
Intermediate
Advanced



Basecamp
Glen of Aherlow
Camping

TRIP FACTS

COMERAGH MOUNTAIN RANGE



The Comeragh Mountains in County Waterford, Ireland, are known for their stunning landscapes, including the dramatic Mahon Falls and the scenic Coumshingaun Lough, a glacier-carved corrie lake. Mahon Falls is a spectacular 80-meter waterfall, popular for its easy-access walking trail. Coumshingaun offers a challenging hike with breathtaking views of the lake and surrounding mountains, making the Comeraghs a favorite for outdoor enthusiasts.



Date
02 August 2025



Start - Finish
Powers The Pot



Hike Sign on
7.00am



Hike Briefing
7.45am



Hike Departs
8.00am



Hike Distances
13k - 15k - 18k



Hike Duration
10hrs



Hike Grades
Standard
Intermediate
Advanced



Basecamp
Powers The Pot
Camping

TRIP FACTS

SEVEN SISTERS DONEGAL



The Seven Sisters Mountain range is a series of peaks located in County Donegal, Ireland, forming part of the Derryveagh Mountains. The range includes notable summits like Errigal, the highest at 751 meters, and Muckish Mountain. Known for their striking beauty and challenging hikes, the Seven Sisters offer stunning views of the surrounding Donegal landscape, including Glenveagh National Park. This range is popular among hikers and nature lovers, providing a blend of rugged terrain and scenic vistas.

**Date**

06 September 2025

**Start - Finish**Errigal carpark**Hike Sign on**

7.00am

**Hike Briefing**

7.45am

**Hike Departs**

8.00am

**Hike Distance**

15k - 18k - 21k

**Hike Duration**

10hrs

**Hike Grades**Standard
Intermediate
Advanced**Basecamp**Wild Atlantic Camp

OUR LEAVE NO TRACE POLICY

During all IRELAND7SUMMITS challenges we will be implementing the Leave No Trace 7 Principles to sustain the environment for generations to come.

We can do this by being aware of how we are interacting with the environment and community while making good conscious decisions that serve to lessen our impact on nature during the series.

We encourage all Ireland7Summit challengers to support our Leave No trace ethics: Let us make it hard for others to see or hear us and LEAVE NO TRACE as we visit.

The Ireland7Summits Principles are:





IRELAND7SUMMITS BASECAMP

We are delighted to introduce our new Ireland7Summit basecamp on the eve of every hike. Which will provide a well located safe camp site close to the start of your hike, where this will keep your accommodation cost low.

In some basecamp locations there may be a mix of glamping, camping or hosteling. It is your responsibility to book your accommodation in advance, the information is provided within the pack below. Submerge yourself in nature sleep under the stars and be part of the magical energy of the Ireland7Summits hiking community.

If you have never tented before don't be nervous you are amongst friends, we will be there to help you.

COST INCLUDES

International event
Qualified Mountain leaders
Qualified first aiders
Ireland7Summit guide book
Expert designed routes
Ireland7Summit Medal
Ireland7Summit Hall of Fame
15% Great outdoors discount code GOJB15
20% Hiiker PRO+ discount code JBLACK.

COST EXCLUDES

Personal gear
Accommodation
Food
Liquids

PACKING LIST

Mandatory Kit List

- Waterproof jacket and trousers
- Walking boots
- Hiking socks
- Hiking trousers
- T-Shirt
- Fleece top
- lite puff jacket
- Backpack (20 litre)
- Water container (1-2 litres)
- Mountain snacks
- Gloves
- Hat

Recommended (Optional)

- Recommended (Optional)
- Sunglasses & suncream
- Walking poles
- Hydration tabs
- Midge spray

Personal First Aid Kit

- Compeed blister patches
- Bandage
- Medical tape
- Plasters
- Painkillers

Camping Equipment

- Personal Tent
- Sleeping bag
- Sleeping mat
- Head torch
- Pillow
- Camp food
- Spork & Plate

MEDICAL AND HEALTH INFORMATION

GENERAL HEALTH

All hikers need to be fit and in good physical health in order to participate fully on this challenge.

For the safety and wellbeing of yourself and others, if you are unwell prior to travelling, please stay at home and contact us to make alternative arrangements.

When selecting your hike level please make sure you have read through the itinerary carefully and assess your ability to manage and enjoy our distance and pace choice.

You should consult your doctor for an up-to-date medical to ensure you are healthy to endure the challenge.

We recommend that you carry a first aid kit as well as any personal medical requirements.

If you feel unwell please consult the matter with your IRELAND7SUMMITS guide.

COMMUNITY GUIDELINES

At Jason Black Mountaineering, we uphold a zero-tolerance policy towards violence, harassment (physical, verbal, or sexual), and disrespect towards fellow hikers, team members, or local communities.

Your group guides decision is final for the wellbeing of all participants.

Group hikes offer unique pleasures and potential frustrations. Your group will likely be diverse in nationality and age. We ask for patience and understanding towards the varying needs and preferences of your fellow hikers.

Timeliness and respect for group dynamics contribute significantly to a positive hiking experience.

MEET YOUR GUIDE

Jason Black– International Expedition Leader, Professional Mountain Guide and one of the world’s leading high altitude mountaineers. His Leadership, Mountain knowledge and Adventure survival experience is exceptional.

Jason Black’s love for the Irish mountains started as a young boy heavily influenced by cubs and scouts. The Irish mountains was to be his perfect preparation playground for the greatest mountains on the planet. Jason’s personality is light hearted and fun filled. His unfaltering determination hard work and commitment from a very early age to find purpose remove obstacles and find solutions has been his greatest success in life.

Ireland’s National 7 Summits was developed to encourage outdoor enthusiast to celebrate our Irish mountains, inspire a belief that everything is possible and empower others to follow.

With one of the most ground-breaking mountaineers of a generation at your side, you’ll be in the very best company to reach beyond what you thought was impossible, achieve your goals and become an Ireland 7 Summit Summiteer.



MORE INFORMATION

For dates, and all the latest information about this challenge please visit:

[IRELAND7SUMMITS Page](#)

FOLLOW US

